

avocado & lime barbecued prawn salad



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Ingredients:

1 stem lemon grass, trimmed and finely chopped
1/3 cup lime juice
2 tbs finely chopped coriander leaves
2 tbs olive oil
salt and ground black pepper
16 green king prawns, peeled
2 large just-ripe avocados
coriander leaves, to serve
lime wedges, to serve

HEALTH BENEFITS:

Avocados

- Avocados contain fat, but it's 'good' unsaturated fat that can assist the body to absorb some vitamins and other protective plant nutrients.
- The richest source of vitamin E among all fruits and vegetables. Vitamin E is an important antioxidant that helps keep the membranes around every cell in a healthy state.
- A good source of vitamin B6.

Method:

1. Place lemon grass, 2 tbs lime juice, chopped coriander and oil into a medium bowl. Season with salt and pepper to taste and mix well. Add prawns and toss to coat in marinade. Cover and refrigerate, turning occasionally, for 1 hour to marinate (or longer if time permits).
2. Preheat a barbecue plate over medium-high heat. Cook prawns for 2–3 minutes, basting with marinade and turning occasionally, until pink and cooked through. Transfer to a plate and keep warm.
3. Peel and halve avocados lengthways. Remove seeds and slice crossways into 1cm-thick slices. Place avocados into a bowl. Add remaining 2 tbs lime juice. Season with salt and pepper to taste. Gently toss to combine.
4. Spoon avocados onto serving plates. Top with barbecued prawns, and coriander leaves. Serve with lime wedges.

Serves: 4 as an entrée or light meal

Preparation: 25 minutes
(+ marinating time)

Cooking: 2–3 minutes